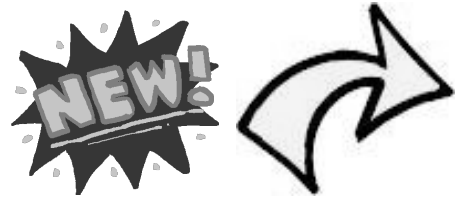


THE EEC EXPRESS!

AUGUST 2012



PROGRAMS & CLASSES DETAILS INSIDE!

FREE DRAGONFLY DISCOVERY WALK
NATURE ART: OPEN STUDIO
ADVANCED VEGETARIAN COOKING
SOLAR COOKING FOR KIDS
THE GREEN LIFE:
TRUSTWORTHY TOYS



GET CONNECTED! FOLLOW THE EEC ON FACEBOOK & TWITTER



Owl's Nest Nature Store



Inside the Environmental Education Center

Featuring a unique selection of waste-free lunch items,
books, plush animal puppets, and gifts
for nature lovers of all ages.

Hours of Operation

Monday and Friday 8 a.m.-5 p.m.
Tuesday, Wednesday and Thursday 8 a.m.-8 p.m.
Saturday 8 a.m.-2 p.m.



For more information call 480-782-2890 or visit
www.chandleraz.gov/veterans-oasis

Mayor Jay Tibshraeny & the Chandler City Council

Veterans Oasis Park
is open daily from
6 a.m. - 10:30 p.m.



AUGUST 2012 Program Schedule Environmental Education Center at Veterans Oasis Park 4050 East Chandler Heights Road, 480-782-2890 www.chandleraz.gov/veterans-oasis



EEC Hours:
Mon. 8 am - 5 p.m.
Tue., Wed., Thur.
8 a.m. - 8 p.m.
Fri. 8 a.m. - 5 p.m.
Sat. 8 a.m. - 2 p.m.
Closed Sundays &
City Holidays

All programs require pre-registration & fees, unless otherwise noted. All programs are subject to change or cancellation. Please refer to page numbers in *Break Time* for complete class descriptions. For details or availability check *Break Time*, or go online to www.chandleraz.gov/registration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Yoga Flow, part 1 9-10 a.m. (p. 72) Mommy & Me Yoga, part 1 10-15-11 a.m. (p. 45)	7 Nature Art: Open Studio 5:30-7:30 p.m. (p. 61) Yoga Flow, part 1 6:30-7:30 p.m. (p. 72)	8 FREE! Dragonfly Discovery Walk 7:30-9 a.m. (p. 77) Meet the Creature 10-10:45 a.m. (p. 51)	9 Pilates, part 3 6:30-7:30 p.m. (p. 72)	10 Bug Zool 10-10:45 a.m. (p. 42)	11 Nature Photography, part 1 9-11 a.m. (p. 51) Bug Bonanza: Butterflies 10-10:45 a.m. (p. 42)
13 Yoga Flow, part 2 9-10 a.m. (p. 72) Mommy & Me Yoga, part 2 10-15-11 a.m. (p. 45)	14 Nature Art: Open Studio 5:30-7:30 p.m. (p. 61) Yoga Flow, part 2 6:30-7:30 p.m. (p. 72)	15 The Green Life: Trustworthy Toys 5:45-7:45 p.m. (p. 68)	16 Pilates, part 1 6:30-7:30 p.m. (p. 72)	17	18 Solar Cooking for Kids 10 a.m. - 1p.m. (p. 47)
20 Yoga Flow, part 3 9-10 a.m. (p. 72) Mommy & Me Yoga, part 3 10-15-11 a.m. (p. 45)	21 Nature Art: Open Studio 5:30-7:30 p.m. (p. 61) Yoga Flow, part 3 6:30-7:30 p.m. (p. 72)	22	23 Pilates, part 2 6:30-7:30 p.m. (p. 72)	24	25 Vegetarian Cooking: Advanced 10-11:30 a.m. (p. 65)
27 Yoga Flow, part 4 9-10 a.m. (p. 72) Mommy & Me Yoga, part 4 10-15-11 a.m. (p. 45)	28 Yoga Flow, part 4 6:30-7:30 p.m. (p. 72)	29	30 Pilates, part 3 6:30-7:30 p.m. (p. 72)	31	

PRESCHOOL CLASSES



BUG BONANZA!

Your little nature-lover will get a bug's-eye view of the world! We'll learn about bugs and their importance to our planet through fun games, arts and crafts, and story-time. August's theme is butterflies! Fee is per child, with 1 unpaid adult permitted.

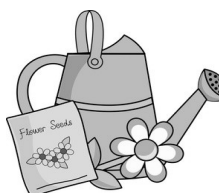
Instructor: Linda McCabe Supply fee: \$4
Resident fee: \$5 Non-resident fee: \$7
004EE.472 Sa 8/4 10-10:45 a.m. 3-6 yrs



BUG ZOO!

Explore a real, live collection of bugs with a certified Entomologist! Learn about beneficial bugs, such as butterflies, ladybugs and bees. Discover spiders, roaches, beetles, scorpions, and other creepy-crawlies! Each child will receive a free activity book. Fee is per child,

parents admitted free.
Instructor: Keith Birkemeyer
Resident fee: \$5 Non-resident fee: \$7
006EE.462 F 8/10 10-10:45 a.m. 3-6 yrs

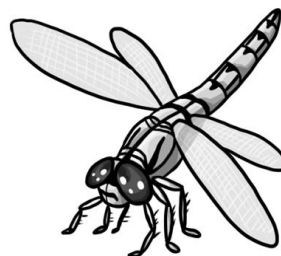


GOOFY GARDEN FUN!

Join us on the first Friday of each month for some goofy garden fun! Learn gardening basics through crafts, games, experiments, songs, and more! Each month features a different concept of learning with a nature theme. Activities include vegetable painting, planting an

edible plant and more! Fee is per child, with 1 unpaid adult permitted.
Instructor: Lalitha Krishnan Supply fee: \$3
Resident fee: \$6 Non-resident fee: \$9
009EE.462 F 8/3 10-11 a.m. 3-6 yrs

FREE FAMILY RECREATION



Registration for the following program is NOT required, but large groups of 10 or more must call in advance: 480-782-2890. All participants under age 15 must be accompanied by an adult.

DRAGONFLY DISCOVERY WALK – FREE!

Join a naturalist for a guided walk to observe dragonflies and damselflies buzzing about the desert and wetland habitats at Veterans Oasis Park! Bring binoculars, water and wear good walking shoes and a hat. The walks are not fast-paced and the terrain is easy. Dragonfly coloring books (\$7) and field guides (\$10) will be available for sale. Instructor: Laurie Nessel of Maricopa Audubon Society
Location: Red-tailed Hawk ramada
W 8/1 7:30-9 a.m.

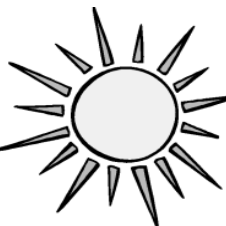
YOUTH CLASSES



NATURE PHOTOGRAPHY

Learn the basics of nature photography! Topics to be covered include exposure and aperture, focusing on nature and wildlife subjects, capturing the shot, and composing to create compelling photographs. This two-day class will cover classroom instruction as well as outdoor experiences. Students must bring their own camera, battery, and memory card. No experience necessary; all levels welcome!

Instructor: Kimberly Hosey
Resident fee: \$16 Non-resident fee: \$22
104EE.472 Sa 8/4-11 9-11 a.m. 8-15 yrs



SOLAR COOKING FOR KIDS **NEW!**

Solar energy is free. Use the power of the sun to create (and eat!) a solar feast! Children will make their own pizza box oven to bake nachos or s'mores. Using a commercial solar oven and several hand-crafted cardboard ovens, we will make cinnamon apples, pizza bagels or hot dogs, sun tea lemonade, and

cookies. Easy recipes & delicious fun!
Instructor: Lynn Bailey Supply fee: \$6
Resident fee: \$12 Non-resident fee: \$17
101EE.472 Sa 8/18 10 a.m. – 1 p.m. 8-12 yrs

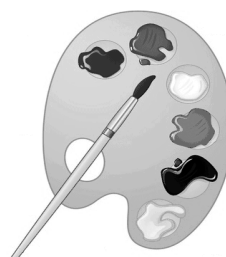
TEEN & ADULT CLASSES

VEGETARIAN COOKING: ADVANCED

NEW!

Learn to prepare nutritious, gluten-free, complete meals with a pressure cooker in this advanced class. Save time and energy! Fresh and organic ingredients will be used to create simple and delicious dishes. The introductory level class on 7/28 is suggested as a prerequisite. Class will conclude with samples to taste and recipes to take home.

Instructor: Lalitha Krishnan Supply fee: \$12
Resident fee: \$8 Non-resident fee: \$11
306EE.472 Sa 8/25 10-11:30 a.m. 16 yrs+



NATURE ART: OPEN STUDIO **NEW!**

Have you taken art classes before and would like some inspiration or assistance with a certain project? This open studio is for you! Bring your own drawing, painting, or sculpting materials and a project that you would like to work on and the instructor will guide you through your artistic journey!

Instructor: Tony Meli

Resident fee: \$9 Non-resident fee: \$13
313EE.432 Tu 8/7 5:30-7:30 p.m. 16 yrs+
314EE.432 Tu 8/14 5:30-7:30 p.m. 16 yrs+
315EE.432 Tu 8/21 5:30-7:30 p.m. 16 yrs+

THE GREEN LIFE: TRUSTWORTHY TOYS **NEW!**

Want to eliminate toxic toys from your child's environment? Find out how to buy, rent, or swap toys that are free from harmful plastics (BPA), lead paint, and other carcinogens. Discover the importance and healthy benefits of trustworthy toys.

Instructor: Amanda Vermilion
Resident fee: \$9 Non-resident fee: \$13
311EE.442 W 8/15 5:45-7:45 p.m. 16 yrs+

ALL AGES

MEET THE CREATURE!

In this interactive program, children will get up close and personal with live animals while receiving a fun lesson in wildlife rescue and conservation. Each program features different animals. * **NEW POLICY:** Fee is per person. Children under age 2 permitted free with a paid adult.

Instructor: Lisa Limbert of Lisa's Creatures

Resident fee: \$5 Non-resident fee: \$7
904EE.442 W 8/1 10-10:45 a.m. 2 yrs+
905EE.472 Sa 8/11 11-11:45 a.m. 2 yrs+



FITNESS PROGRAMS

MOMMY & ME YOGA AT THE EEC

This class is designed for adults and children to experience the benefits of yoga while enjoying time together. It blends fun and fitness with music, games, and basic yoga postures. Fee is per child, with 1 unpaid adult permitted. Bring a mat or beach towel.

Instructor: Jackie Pinho Instructor fee: \$24
Resident fee: \$7 Non-resident fee: \$10
602EE.422 M 8/6-27 10:15-11 a.m. 2-10 yrs

YOGA FLOW AT THE EEC

This class is suitable for beginner and advanced practitioners alike. Emphasis will be on the basic yoga postures, but more advanced postures will be added as needed to challenge the students. This class includes meditation, strength, flexibility, and balance elements. Bring a mat or beach towel.

Instructor: Jackie Pinho Instructor fee: \$24
Resident fee: \$8 Non-resident fee: \$11
607EE.422 M 8/6-27 9-10 a.m. 12 yrs+
608EE.432 Tu 8/7-28 6:30-7:30 p.m. 12 yrs+

PILATES AT THE EEC

Relax your mind and body in this fun class suitable for all fitness levels. Build a stronger core, improve posture, increase strength and flexibility. Learn exercises that you can perform anywhere without any special equipment or machines. Bring a mat or beach towel.

Instructor: Debra Crockett Instructor fee: \$24
Resident fee: \$8 Non-resident fee: \$11
611EE.452 Th 8/16-30 6:30-7:30 p.m. 16 yrs+

GREEN TEENS



Teens who care about the environment can plan and implement unique, environmentally-based service projects. Project areas may include animal care, educational programs and exhibits, recycling, composting, gardening and park clean-ups. Green Teens may also volunteer to assist with seasonal Nature Camps and other special events. Call 480-782-2894 for more information or download the volunteer application at: www.chandleraz.gov/veterans-oasis.
Tu 6/5-8/28 4-6 p.m. 14-17 yrs

FALL NATURE CAMP PREVIEW!



During our two-week Fall camp, children ages 7-10 will explore the environment through games, activities, experiments, hikes and crafts! Full day campers must bring a sack lunch and drink for each day. Educational camp activities will begin each day at 8:30 a.m. & end at 4:30 p.m.

Each week features a different nature theme!

WEEK 1: October 1-5
WEEK 2: October 8-12

FULL DAY:
7:30 a.m.-5:30 p.m.
Resident fee: \$116
Non-resident fee: \$157

HALF-DAY MORNING:
7:30 a.m.-Noon
Resident fee: \$53
Non-resident fee: \$72

HALF-DAY AFTERNOON:
1:00 -5:30 p.m.
Resident fee: \$53
Non-resident fee: \$72